

The Amazing Benefits of Breakfast



Do You Know ...

... that eating breakfast is a super way to stay energized all day?

Eat well in the morning – and you'll be on the nutrition fast track for looking and feeling great all day long!

Why eat breakfast?

1. **RE-FUEL** your body after a long overnight fast.
2. **REV UP** your metabolism for a healthy weight.
3. **KICK-START** your brain for better grades.
4. **PUMP UP** your muscles for sports or gym.
5. **IMPROVE** your mood and get rid of crabbiness.

Morning meals made easy - anywhere!

On-the-Run

- Ham/cheese bagel & apple juice
- Tortilla wrap with turkey & cheese
- English muffin with PB & milk
- Yogurt, granola bar & 100% juice
- Smoothie made with fruit & juice
- Hardboiled egg & whole grain crackers

Breakfast at Home

- Toaster waffles with fruit & milk
- Breakfast burrito (eggs & cheese)
- Cereal, sliced banana & milk
- Microwave quesadilla with beans
- Pancakes with fruit & yogurt
- Oatmeal with nuts, fruit & milk
- Leftovers with juice or milk

Drive-Thru Breakfast

- Yogurt parfait and orange juice
- Fruit smoothie and muffin
- Pancakes & scrambled eggs and milk

Eat to be Fit

What about an ENERGY BAR for breakfast?

To decide, you have to do some careful label checking ...

✓ Calories, fat, and sugar

There's no magic "pep" in these bars. The energy is from calories, just like other foods. Some energy bars are actually pumped-up candy bars – with lots of fat and 5 to 6 teaspoons of sugar (4 grams = 1 teaspoon).

✓ Protein

If you eat an energy bar as a meal replacement, choose one with 10 to 15 grams of protein.

✓ Fiber

Look for bars with 3+ grams of fiber. Remember to drink plenty of water, since these bars are very dense and can slow down your digestive system.

✓ Taste

Many bars fail taste tests. If you're not satisfied with the taste of a food, you will probably eat more calories later.

✓ Grab-n-go alternatives

An energy bar is not the only way to enjoy a quick breakfast. For a bigger energy boost and more essential nutrients, at a lower cost, try:

- Portable yogurt and apple
- String cheese and a banana
- Bottle of milk and a bag of nuts

✓ These bars measure up

- Power Bar
- Balance Bar

Q: What is the missing ingredient in most breakfasts?

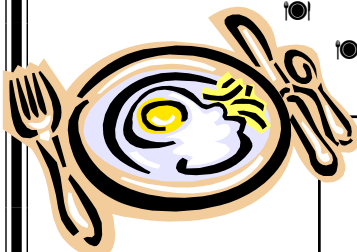
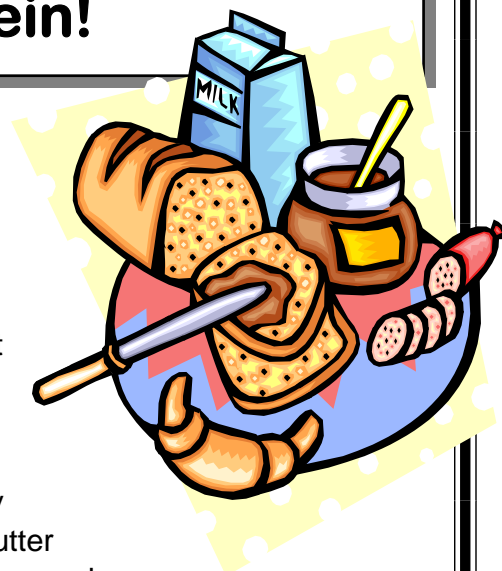
A: Protein, protein, protein!

Eat PROTEIN in the morning for ...

- All-day energy
- Better test scores
- Strong muscles
- A healthy weight

Getting PROTEIN is as easy as ...

- A carton of creamy vanilla yogurt
- A slice of tasty cheddar cheese
- A hard boiled egg
- A slice or two of lean deli beef
- A few pieces of chewy beef jerky
- A tablespoon or two of peanut butter
- A small handful of almonds or cashews
- A small bag of crunchy soy nuts or sunflower seeds



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BREAKFAST ONLINE

Need an easy recipe for breakfast happiness? Want to drink your fruit in a refreshing shake or dig into a bowl of banana split cereal?

Checkout the Recipe Files @ Your Energy Wake Up Call

www.caprojectlean.org/eattowin/recipes/genEatRecipeIndex.asp